

THE ART OF RETENTION

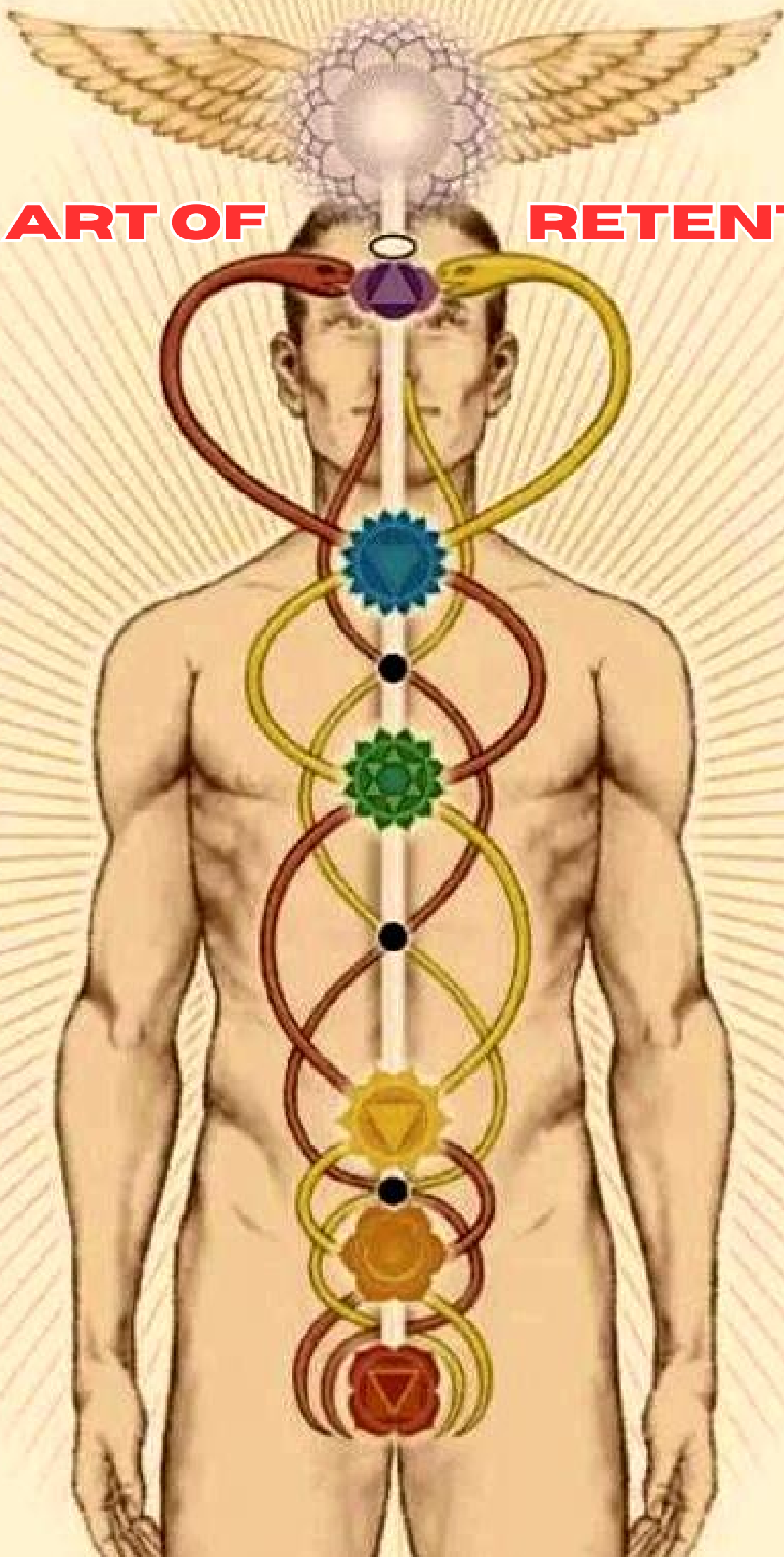


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PREFACE

The aim of this e-book is to serve as a practical guide for the modern man to awaken the untapped potential that lies dormant within himself through the sacred practice of semen retention, seeking to bridge the gap between ancient traditions and the challenges faced in the world today.

This is **NOT** meant to be a rigid set of rules but rather a flexible framework, recognizing that each individual's journey is unique in its own right. It is my sincere hope that this book may provide you with the tools needed to help navigate this journey towards self-realization.

INTRODUCTION

In a world where lust, instant gratification, and overstimulation have become the status quo, there exists an ancient practice that allows us men to break free from these debilitating chains, draining us of our innate masculine essence, and finally tap back into our true power: **Semen retention**

This timeless technique, revered by some of the greatest men in all of human history, holds the keys to unlock our hidden reservoirs of supreme mental clarity, invigorating physical vitality, and transcendental spiritual progression on the path toward embodying our highest self.

Within the pages of this book, we will embark on a journey of exploration, shedding light on the **profound benefits of this practice** and discuss practical methods on how we can implement it into our modern-day lifestyles.

So whether you're seeking to enhance your mental capabilities, improve your overall physical well-being, deepen your spiritual connection, or simply yearn for a brighter future, pay close attention as we dive into the details of the true power behind this practice. Open your mind to the possibilities that lie ahead, and let us venture into the world behind the science and secrets of semen retention.

THE PRINCIPLES OF **RETENTION**

Now, in order for us to fully grasp the significance of this practice, it is essential to understand the bare basics of what semen retention really is.

At its core, it is simply the conscious and deliberate act of abstaining from wasting our vital life force energy. Letting it build up to the point where we can learn how to properly redirect it towards attaining higher purposes in life, rather than just merely engaging in compulsive sexual release to satisfy our lower animalistic nature.

This practice dates back to many ancient civilizations and is deeply ingrained in various cultures and spiritual traditions around the world. In ancient China, Taoist sages viewed a man's semen as a precious essence, known as **"jing"** which was to be preserved in order to maintain overall health and vitality.

In Indian yogic traditions, a man's seed is linked to the concept of **"virya,"** the core essence that supports the mind, body, and soul. By channeling this energy upwards through the body's 7 energy centers or chakras, individuals are able to achieve supreme states of sublime consciousness.



Over time however, the practice of semen retention has become a completely forgotten concept within the overly sexualized society you see today.

With adult content being free and so widely available to us with just a few simple clicks of a button, hookup culture being such a prevalent factor in our cultural norms, and claims from so-called ‘health organizations’ stating that frequent masturbation and ejaculation are healthy, it is evident to see the agenda that is being pushed upon young men to **drain them of their innate masculine energy.** However, this is nothing new...

From the earliest days of human history, societies, tribes, and governing bodies have recognized a fundamental truth: **the strength of their foundations hinges upon the spirits and wills of their men.** Yet, across the span of time, these tactics of disempowerment have evolved from overt aggression to much more subtle, and manipulative schemes. Resulting in an internal battle of vigor that leaves men drained of the very essence that once made them formidable.

In the past, the battlefield was the arena where men clashed, and empires rose or fell. These conquerors understood that by eliminating the

masculine drive within an opposing force was akin to dismantling a crucial pillar that upheld the strength of nations. Without the resilient masculine spirit, societies were left to crumble.

In these modern times, this age-old concept is still very much alive and as prevalent as it has ever been throughout human history, but now has taken on a new way of being implemented within the world around us. The battleground is no longer defined through physical dominance and brute force but now has shifted on over towards the subversive tactics of mental, spiritual, and psychological warfare.

With poisoned nourishment infiltrating our bodies, derailing our hormonal equilibrium, coupled with sedentary routines devoid of the physical demands we crave as men, our vigor and vitality are slowly drained as each day passes by.

And on top of that, with the pervasive allure of a lust-filled society, propelled by the pornography, online dating, and sex-selling industries, further ensnaring the minds of men by exploiting their own biological instincts, we can clearly witness **the demise of the masculine spirit in real time.** Chipping away at the key cornerstones that make up the true essence of what it means to be a man.

Saladin Ayyubi, the founder of the Ayyubid dynasty, once claimed that, ***“If you want to destroy any nation without war, make adultery and nudity common in the younger generation.”*** The results of these statements could not have been any more obvious than they are seen today.



As he knew, this act of polluting and corrupting the minds of men within the next generations to come would further stunt and diminish the masculine fire that once burned within. Debilitating our connection to the divine spark needed for our continued evolution in life.

On the quest to resist this relentless assault on masculinity, the practice of semen retention is as profound of a counter as there is acting as a rebellion against the tide and a return back to our roots. Each practitioner of this path essentially becomes a **glitch in the matrix**, disrupting the designs that seek to nullify our masculine potency

By embracing the art of cultivating and channeling our life force, we as men ascend to higher planes of awareness and start to peer through the veil. To awaken from this dark slumber requires us to reject the false, and reclaim the inherent power that lies dormant within.

The threads that weave the very fabric of this existence is interlaced with **energy, frequency, and vibration**, as once stated by Nikola Tesla, a life long practitioner of retention. So it is when a man learns to master the source of his own vital energy that a transformational process occurs. Evolving from a pawn to a sovereign entity, immune to the traps of a world intent on draining him of his spirit in order to keep him compliant.

To those who choose to embark on this journey, be prepared. This practice of retention will slowly but surely start to pull back the curtains on the illusions of life and expose you to its inner truths.

Now, to make it clear before we go any further with this book, it must be said that this journey is **NOT** for everyone but is tailor-made specifically for the men who are committed to sacrifice their lower animalistic desires in order to embark on the righteous road towards self-mastery.

So keep that in mind as this quest to restore the connection back to your true essence causes a ripple effect that extends far beyond than just yourself. By reclaiming your masculine energy, not only do you fortify your own inner temple but you also become a radiant beacon of light that illuminates the path for others to follow as well.

Coming to the conclusion of this chapter, having laid down the basic foundational principles for understanding the core concepts behind this sacred practice, it is important to note that the advice presented here is applicable to all who wish to partake on this path, no matter what your current circumstances are.

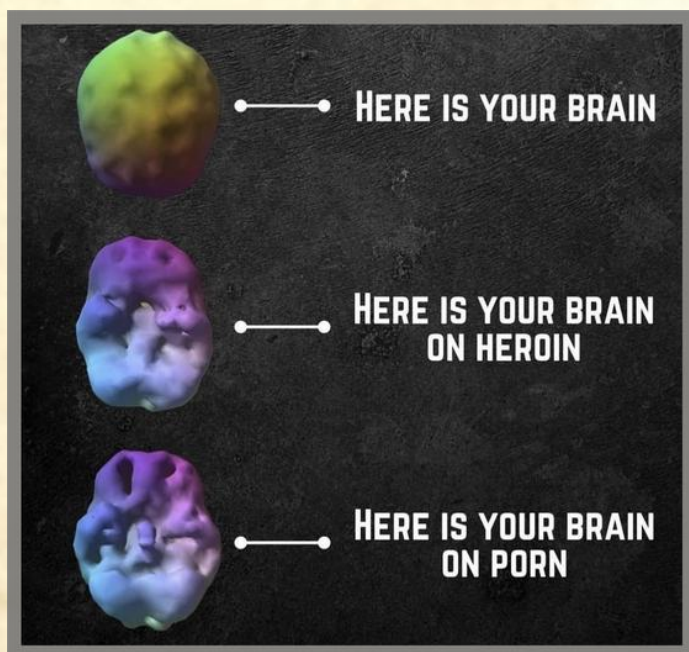
So, if this brief introduction to **The Art of Retention** has resonated with you, let us continue to the next sections ahead, where we will delve deeper into the specific details behind semen retention and explore the realms of its many profound mental, physical, and spiritual benefits.

MENTAL AND PHYSICAL BENEFITS

To get a more holistic understanding of semen retention, we must first uncover how it affects us as a whole. In this chapter, we will examine the physiological and neuro-chemical effects of this discipline to help provide further insights on how this age-old practice truly benefits our mind and body.

On the mental side of things, by retaining your seed and abstaining from lust, you will start to drastically alter and rewire the inner hardware of your mind to direct its attention towards **creation rather than consumption.**

See, when living within this constant cycle of **PMO (porn, masturbation, and orgasm)**, we trigger huge surges of dopamine within the brain, the neurotransmitter associated with pleasure and reward, in a matter of seconds that requires no work or positive actions to produce it at all.



This repeated exposure to high levels of dopamine eventually leads us to desensitize the system as a whole, causing the brain

to crave more and more stimulation to experience the same levels of pleasure. And the longer we expose ourselves to this poison, the worse it gets.

This crippling addiction acts as an anchor, pulling us down from ever rising above our lower nature to actualize our highest potential in life, just like any other drug out there.

Regular, healthy, and productive activities that once brought us happiness and enjoyment are now no longer suitable to satisfy our cravings for that next hit. This leads to **reduced motivation, ambition, and drive within our day-to-day lives**. By consciously regaining control and detaching from these degenerate behaviors, individuals practicing retention finally allow their dopamine receptors to return back to their normal baseline levels by

going through a **re-sensitization** process. As our dopamine receptors start to heal, these so-called 'mundane' or 'boring' habits and activities spring back to life once again, putting us in a similar state to how we were as children — full of joy and immersed in a state of pure bliss within the present moment.

This newfound perspective on life leads to a major decrease in brain fog and an immense increase in mental discipline that bleeds over to all the other areas of life, as your focus naturally starts to shift towards more long-term and productive goals helping you build for the future.

With one of the biggest, if not **THE BIGGEST**, sources of distraction for us as men within the modern world finally kept under control, we are able to tap into our higher faculties and truly unlock our hidden creative capabilities.

Along with that, the practice of semen retention will help you return back to a more natural stoic state of being. The world around you is much like the ever-changing wind with its ebbs and flows, but as a masculine man it is imperative for you to remain unmoved by the chaotic waves of life pulling at you each and every way. This is what eventually sets apart the boys from the men.

But as we see now, the modern day man is merely just a slave to his own flesh and desires, reacting solely based on impulses like that of an animal. However through the act of cultivating such a state of unwavering self-control, one is able to develop and embody this stoic state of mind that seems to make every other psychological obstacle you come to encounter in life that much easier to overcome.



“The first and greatest victory is to conquer yourself...To be conquered by yourself is of all things the most shameful and vile” - Plato

The Universe is always testing you as a man to see if you will lose sight of your mission and fold under pressure. With each passing grade along the way, the world will reward you with the strength and fortitude needed to continue on your path towards greatness. This is where the practice of semen retention emerges as a key fundamental cornerstone along your journey.

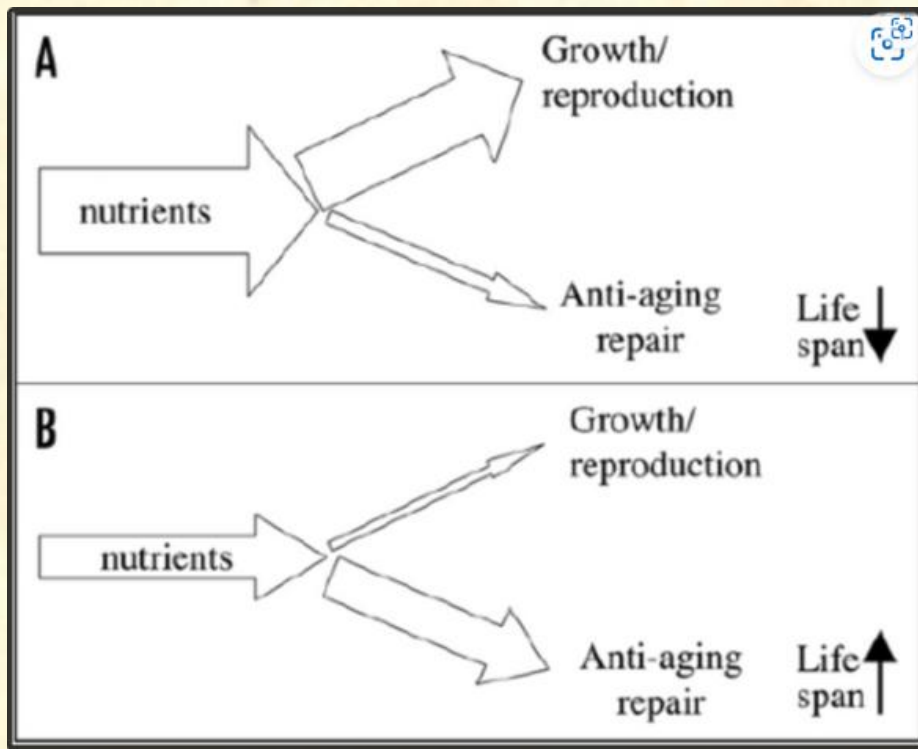
By learning how to tame the beast of lust, you will find yourself less reactive and triggered by the other external forces of the world attempting to knock you off your path as you gain dominion over the most **potent human emotion there is.**

Now moving onto the physical benefits of semen retention, preserving this sacred life force is known to greatly help rejuvenate the body and fill it back up with a sense of **virile, vigor, and vitality**.

From increased energy levels, enhanced physical performance, improved skin and hair, a boost in testosterone levels, a stronger immune system, and an overall feeling of power as a whole, individuals on semen retention will be tapping into new levels of health they've never felt before. This is due to the fact that your seed is rich in various types of nutrients, minerals, and proteins that are taken up by the body to produce it.

And aside from survival, **your natural biological instincts are hard-wired to prioritize reproduction** in order to pass on your genetic code to your future offspring. This inevitably requires a huge amount of bodily energy and valuable materials to be used towards the creation of your seed, which most men waste on a day-to-day basis.

So by taking take a step back to understand the the role semen plays within our physical vessel, you'll soon come to realize that it extends far beyond just reproductive functions. Since these essential resources can be reabsorbed back into the body and be used for other purposes.



“In a pure and orderly life, this matter is reabsorbed. It goes back into circulation ready to form the finest brain, nerve and muscular tissues. This vital fluid of man carried back and diffused through his system makes him manly, strong, brave and heroic. If wasted, it leaves him effeminate, weak, physically debilitate, and prone to sexual irritation, disordered function, and a wretched nervous system” - Swami Sivananda

It is important to note the fact that the practice of semen retention is only considered as a piece of the puzzle within a holistic approach to our overall well-being. It is **NOT** some magic pill nor a one-size-fits-all solution to all our problems in life.

So, combining semen retention with other healthy habits, such as regular exercise, eating a natural whole food diet, getting quality sleep, proper sunlight exposure, and so forth, is essential to create the synergistic blend of all the elements needed in order to contribute towards the general improvement of our physical health and vitality.

SPIRITUAL AND ENERGETIC EFFECTS

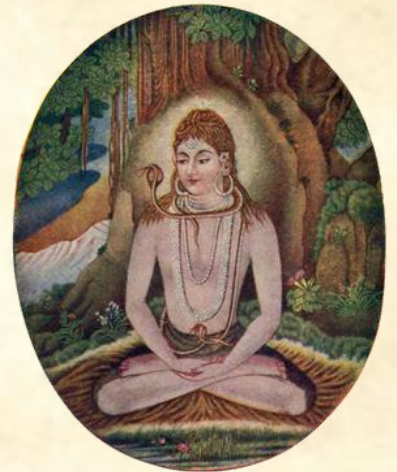
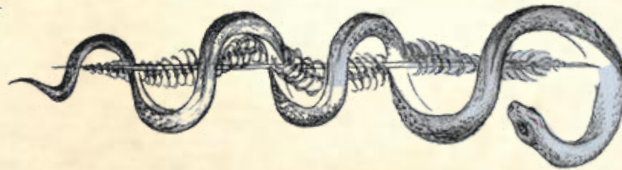
Going beyond the physical and psychological aspects of this practice, semen retention has deep roots buried within the arcane wisdom of various ancient cultures. For years, continence and sexual abstinence through the act of celibacy has been documented as a powerful esoteric catalyst or amplifier for one's spiritual development.

In this chapter, we will explore these transcendental benefits that practitioners of semen retention will come to experience on their own personal journey of self-discovery.

Through retaining this sexual energy, individuals can cultivate a deeper connection with their **life force, prana, or chi**, allowing them to find their spiritual practices growing in power, leading to deeper insights, and expediting their inner growth due to the increase in their energetic intensity.

In certain spiritual traditions, sexual energy is commonly represented within the mythological symbol of the sacred serpent **Kundalini**. This is believed to be the dormant source of cosmic energy coiled up at the base of our spine, which once awakened, forms the pathway for our spiritual ascension.

From the snakes coiled around the neck of Lord Shiva, the serpent wrapped around the staff of Moses, or the caduceus wielded by the Greek god Hermes, this symbolic archetype has remained a prevalent occult teaching seen all throughout human history.



Referring to the fact that once we learn how to transcend human lust through the proper discipline, dedication, and patience, individuals are able to experience states of serene yogic bliss blending into the oneness of the Universe as they awaken the **Christic force** that lies within.

With this heightened level of consciousness, the trajectory of your life undergoes a profound shift as you now will be guided towards the real reason for your existence, gradually uncovering your true purpose in life by unlocking your innate **6th sense of divine intuition**.

Upon this revelation, your perspective and priorities start to follow suit, with the primary objective becoming the fulfillment of this soul mission uniquely assigned to you. Setting you on the virtuous path towards living in alignment with your highest self and achieving your ultimate potential in all facets of life.

On the metaphysical side of things, this life force energy is seen as a powerful component of one's aura; the human energetic field that makes up the non-physical or subtle body that surrounds our material form. Preservation of the seed is believed to amplify this celestial frequency and enhance its etheric presence.

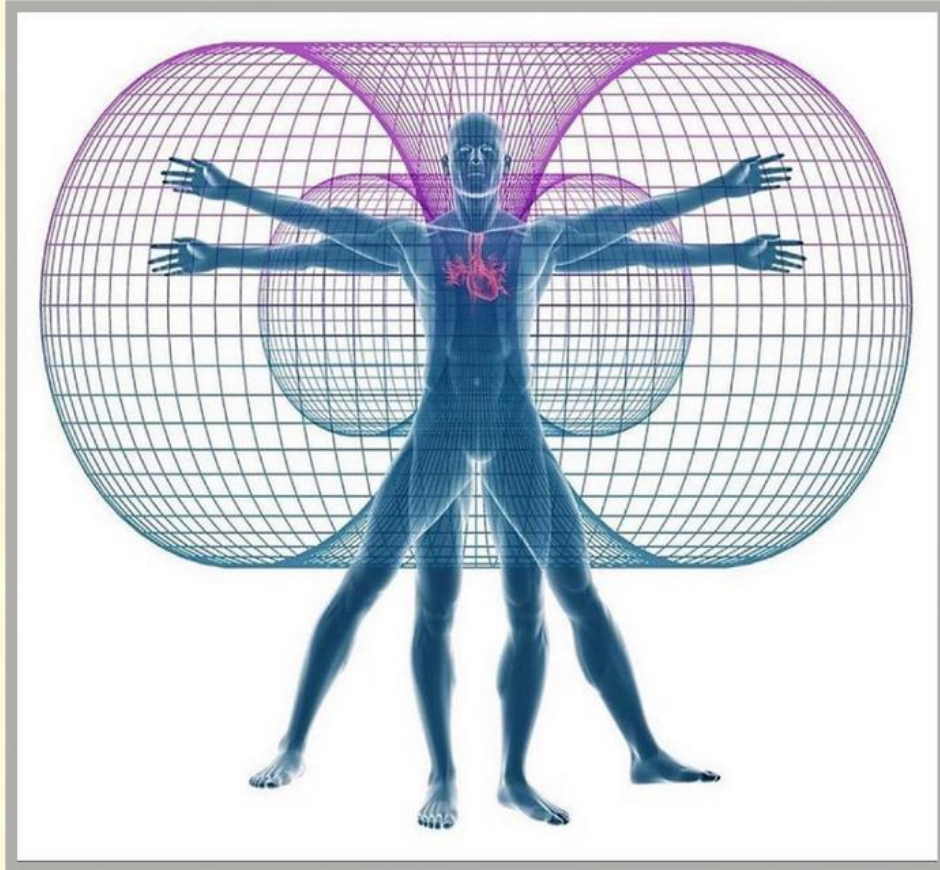
In Eastern Ayurvedic teachings, when one learns how to harness the power of their prana and raise it up along the 7 energy centers in the body, it will be refined into a substance known as **Ojas Shakti**, which can be translated to as '**Aura**' or '**Brilliant Power**'.

This substance has been directly linked to the phenomenon behind **personal magnetism**, as it strengthens and purifies the emanation of our individual energetic field, further enhancing our abilities to manifest intentions and connect with the unseen metaphysical forces of nature.

By cultivating a higher vibrational state that leads to becoming more attuned with the cosmic energy field that flows throughout the Universe, one is able to attract more positivity, synchronicities, and meaningful connections into their lives as they start to operate in alignment with the natural laws that govern this plane of existence.

Along with this, others around you will start to notice and pick up on this radiant energy emitted by your aura. Communication skills, both verbal and nonverbal, become more potent and effective, making it easier to convey ideas and leave a greater energetic imprint on the inner psyche of others.

This heightened charisma makes us **more confident and captivating in social settings** and causes us to have a profound influence over our environment with a significant capacity to attract, inspire, lead, and motivate through the power of our magnetic presence.



“A man of much Ojas becomes the leader of men. It gives off a tremendous power of attraction. As one man may speak beautiful language and beautiful thoughts, but they do not impress people. While another man speaks neither beautiful language nor beautiful thoughts, yet his words charm. Every movement of his is powerful. This is the power of Ojas” - Swami Vivekananda

So, as you can see here, semen retention is as much of a spiritual journey, allowing you to tap into the deeper layers of your eternal being, as it is a mental or physical discipline. By using this practice as such, we can foster a harmonious integration of our mind, body, and soul to come together as one great symphony.

Now, to make it clear, just retaining your seed will **NOT** be enough to experience how powerful this practice truly is. In the next chapter, we will discuss some of the most essential practices to pair along with retention to transmute this energy properly and ensure success along this path.

THE ART OF SEXUAL TRANSMUTATION

To truly complement your semen retention journey, you must instill daily practices that will encompass the mental, physical, and spiritual aspects of this practice that will allow you to redirect this energy towards different outlets. When combined together, these two techniques come to form what is commonly referred to as **The art of Sexual Transmutation.**

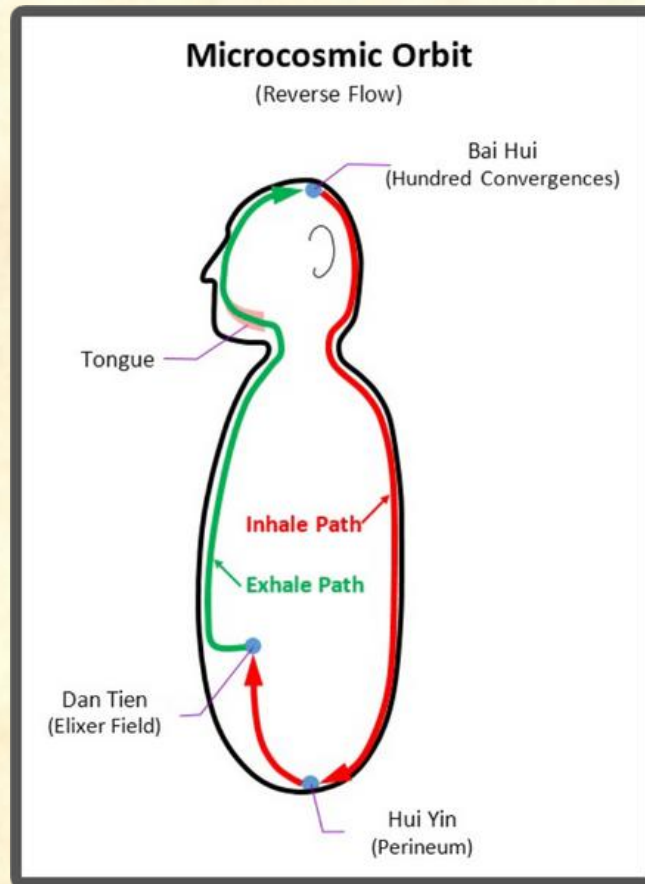
Now, the first key component when it comes to this whole concept of sexual transmutation is acknowledging the fact that **where attention goes, energy flows.**

By becoming more cognizant of where our attention goes, we can learn how to manipulate this flow of our energy to work in our favor. This brings us over to one of the most fundamental practices to pair along with semen retention: Mindfulness through meditation and breathwork.

Within this next step, we are about to go over a daily meditation and breathwork habit you can use to truly harness and unlock the powers of your life force. This technique involves awakening and channeling the dormant Kundalini energy within the body through what is known as the **Microcosmic Orbit**.

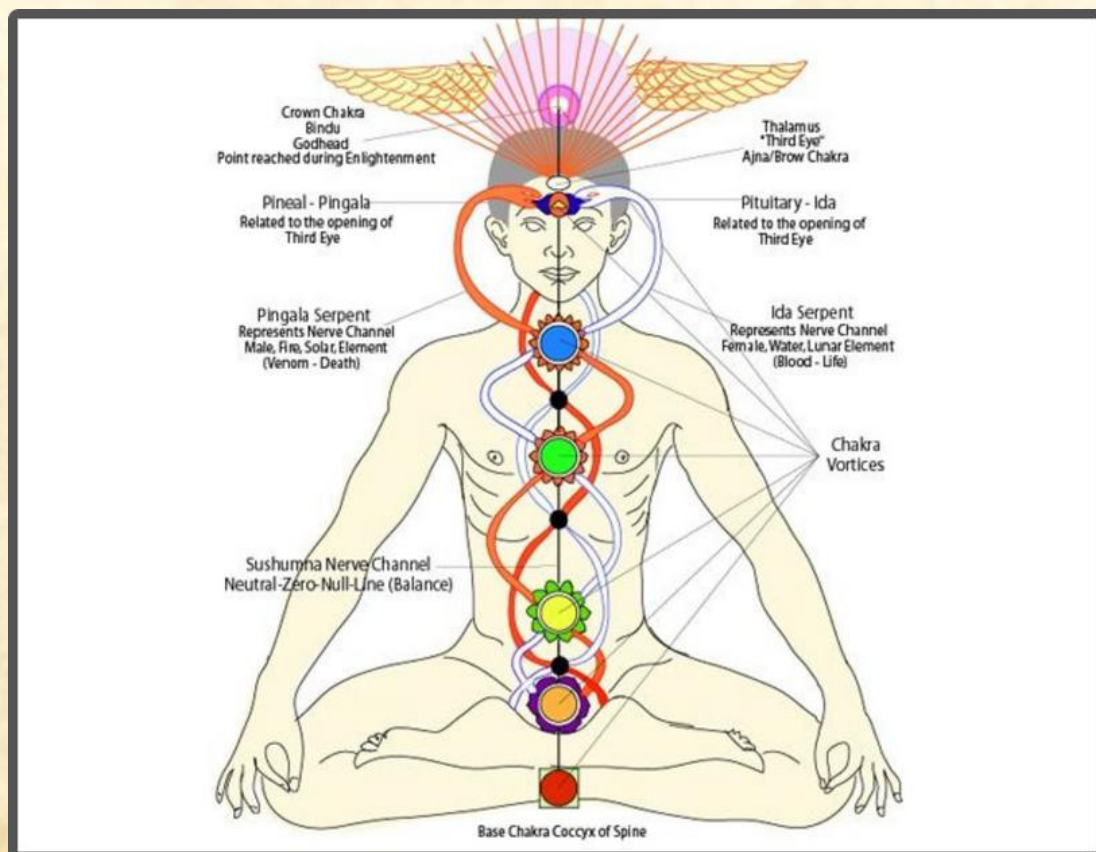
The Microcosmic Orbit, also referred to as the 'circulation of the light,' finds its roots in ancient Taoist and Chinese energy cultivation practices. Dating back thousands of years, these traditions viewed the human body as a microcosm of the Universe, with energy flowing through specific pathways, or meridians.

The **Ren Mai** channel starts from the pelvic region, passes up through the chest, and eventually ends at the mouth. The **Du Mai** channel runs from the perineum, moves along the spine, and travels up over the head ending at the upper palate.



These two main channels symbolize the balance between the **Yin and Yang** energies, believed to harmonize the opposing masculine and feminine forces within the body. By practicing the Microcosmic Orbit, individuals learn how to circulate their life force from the lower energy centers and transmute it up towards their higher faculties through these designated channels.

So now, after establishing a solid foundational understanding of the basics when it comes to the Microcosmic Orbit, let us dive into the details on how we can apply this profound tool into our daily meditation practices to help redirect this sexual energy from the reproductive organs and slowly rise it **upwards to the higher planes of consciousness.**



1. Preparation:

Find a quiet, clean, and peaceful space where you won't be disturbed during your practice. Ideally this should be done on an empty stomach.

2. Posture:

Assume a comfortable seated posture with your spine erect, shoulders relaxed, and hands resting on your knees.

3. Awareness:

Close your eyes and take a few deep breaths to center yourself into the flow of the moment. Without forcefully trying to control it, let your breath slowly start to fall into a natural and relaxed rhythm of steady inhales and exhales.

4. Activation:

Now at this time start to visualize the **Muladhara Chakra**, located at the base of your spine. With each inhale, visualize energy rising up from the Earth, as you engage the pelvic floor muscles helping to activate the sacral pump and facilitate the upward movement of this energy.

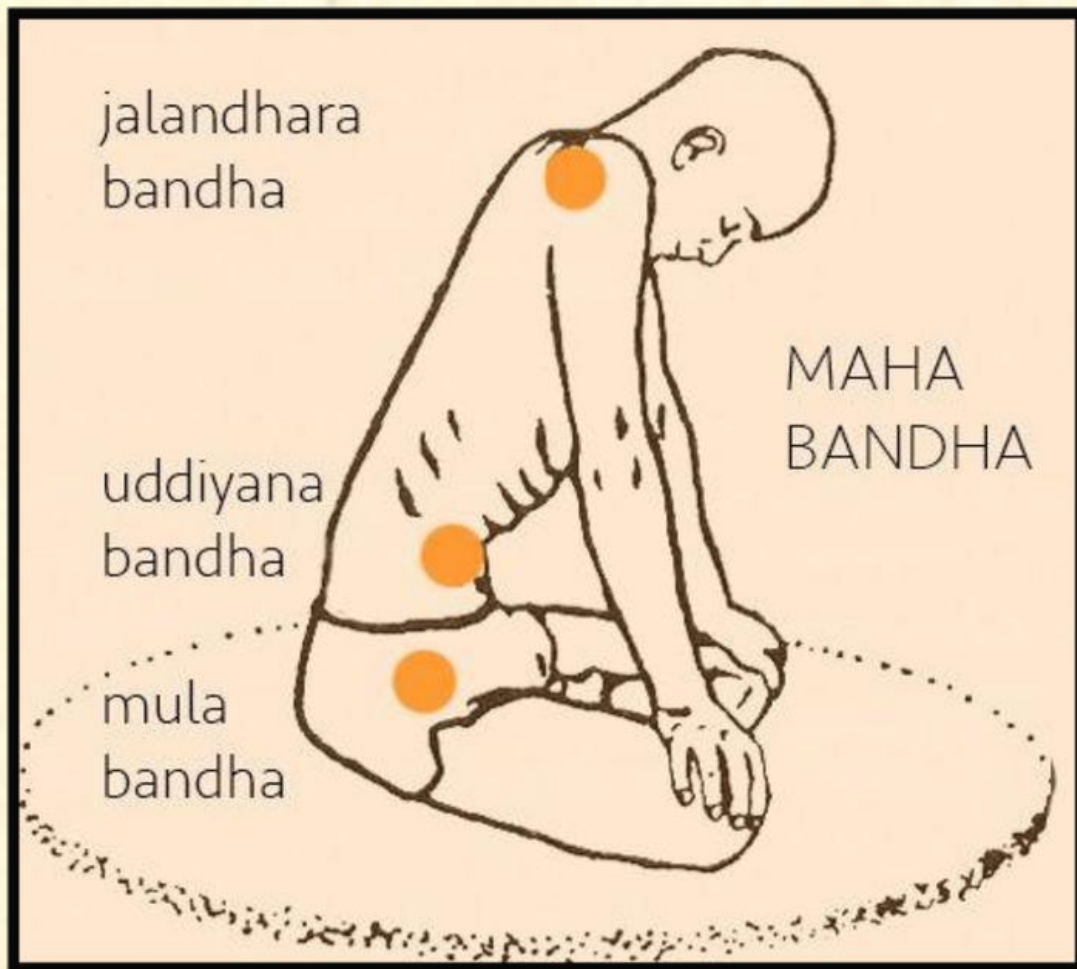
5. Transmutation:

Bringing your awareness now to the **Microcosmic Orbit** pathway, envision this energy ascending up the back of your spine and traveling to the crown of your head with each inhale. As the subsequent exhale follows, feel this energy descending down the front of your body all the way to the floor.

6. Circulation:

After completing a few cycles, vigorously expel the last bit of air as you completely empty your lungs. While still keeping an upright posture, simultaneously pull your deeper abdominal muscles inwards to their maximum extent and maintain this position for the longest duration possible as you hold your breath.

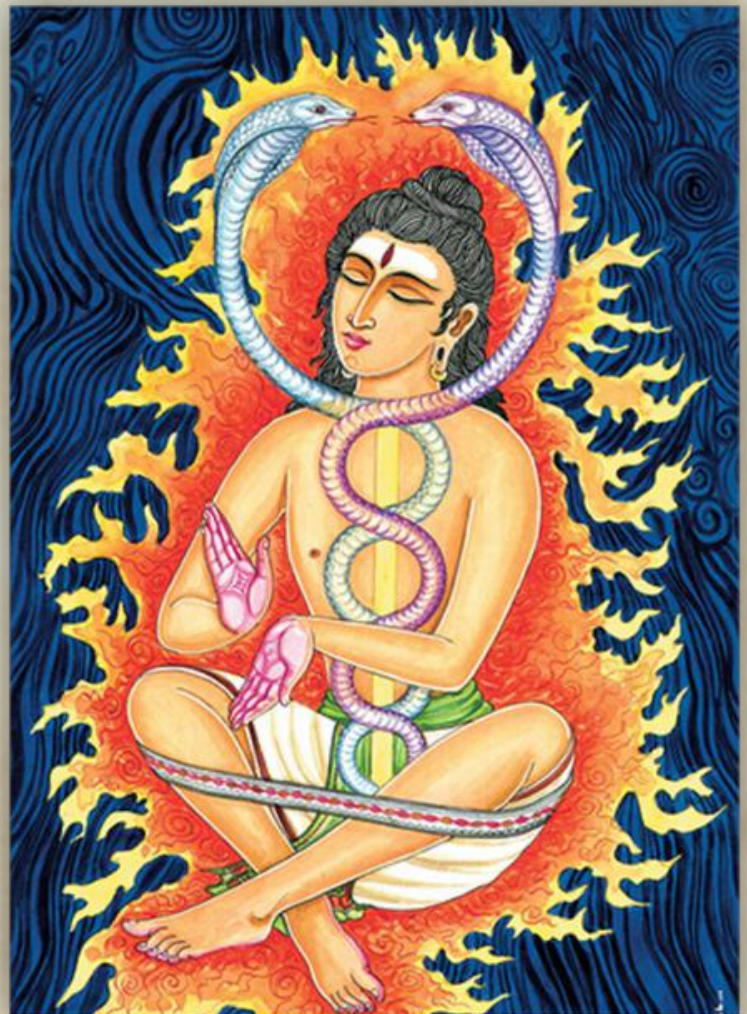
By doing so we are able to activate the **Maha Bandha** or “**Great Lock**”. When ready to reintroduce air back into the lungs, allow the inhalation to occur slowly through the nose and then come perform a full exhale from the mouth.



This pose is composed of the three major energetic locks within the body. The **Mulabandha (Root Lock)** associated with the Muladhara chakra, the **Uddiyana Bandha (Abdominal Lock)** linked to the Manipura chakra, and the **Jalandhara Bandha (Throat Lock)** related to the Vishuddha chakra.

The Maha Bandha's engagement of these specific locks increases the flow of our life force energy, throughout the body. The Microcosmic Orbit, comprising of the Ren Mai and Du Mai channels, complements this alignment and offers a **pathway for the current of energy to ascend and descend in a smooth fluid pattern.**

So when combined together, these two techniques offer an optimized approach into cultivating and harmonizing the flow of this vital energy.



7. Repeat and Refine:

Continue this cycle for at least 10-15 minutes, maintaining a rhythmic and mindful breathing pattern throughout each round. Gradually start to extend the duration of the hold as you become more accustomed to the practice.

Optionally, you can integrate **specific mantras and mudras** that help resonate with your intentions and connect them to the flow of the breathwork.



Along with such practices of mindfulness, a whole shift of your mindset itself is needed in order to truly succeed on semen retention. Within this overtly sexualized society we live in today, we as young men have gone through many subtle yet pervasive societal conditionings that prioritizes us to pedestalize sexual pursuits above all else.

This is the reason that many of us will encounter the **‘fear of missing out’** while on this path of retention. And by constantly trying to fight and battle against this block, we further add on extra friction and resistance to the journey as a whole, making it much more difficult that it needs to be.

Yet if we take a stepback we can see that there is a better way to combat this by simply just elevating our point of perspective. This is where the art of **Mental Alchemy** comes into play, as you learn how to transmute your mindset from one of lack, to one of abundance.

Now, this scarcity mindset often manifests within us through an anxious state of searching for things outside ourselves in order to fill the void of emptiness that we feel inside. This belief trickles down to the idea that the happiness and joy in life we are constantly yearning for is limited to only being a byproduct of chasing external pleasures.

Recognizing these thought patterns is critical to take the first step towards dismantling these chains holding you back by creating a new self image. This act of self-destruction is a crucial principle that we all must undergo in order to elevate above our current situation.

Through prayer, affirmations, visualization, and so forth, we can slowly but surely plant the seeds of success within our subconscious mind that allows us to eventually break free from these psychological constraints that have been cemented into our psyche from the social conditioning we've received throughout the years.

As your sense of self worth grows with this newfound perspective on life, your actions and behaviors will also change along with it. These degenerate and destructive habits will no longer correlate to who you are, as you start to realize deep down that you deserve better.

Knowing this will further assure that you are **NOT** giving up on anything as you take upon this path, but rather gaining back everything that you've been missing out on this entire time. So in order for you to step into your higher self, you must be willing to burn off the remnants of the past ideals and demons holding you back.

This subtle yet profound shift of mentality will not only enhance your effectiveness on this path, but also act as a reminder of the reason behind why you have embarked on this righteous journey in the first place.



“Every new act of creation begins with an act of destruction” - Pablo Picasso

Now the next nonnegotiable habit you must have while practicing retention is of course exercise. Regular physical activity not only improves your overall health but also **helps you redirect this surplus of sexual energy**, allowing you to prevent stagnation, restlessness, and provide another primal outlet to express it aside from just sexual release.

By incorporating regular physical activity into your daily routine, you bolster your capacity for self control and discipline. This in turn helps you psychologically stay focused and grounded while embarking on this road to self-mastery.

So whether that's **cardiovascular exercises, weightlifting, calisthenics, martial arts, sports, or anything else you can think of, having a consistent exercise routine is an absolutely essential piece to the puzzle when it comes to successfully practicing semen retention.**

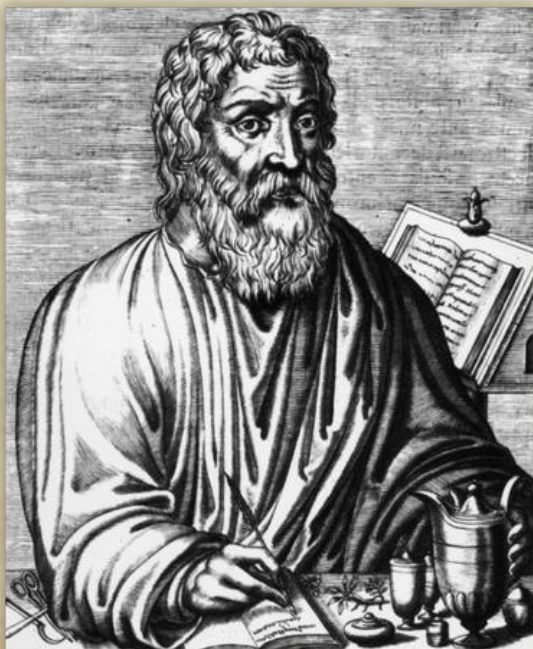
Now, staying within the realms of the physical aspects of this practice, it's crucial to understand the significance of the role your nutrition plays in supporting you along this path. In this next section, we will dive into details of the dietary keys that can truly help you enhance your experience on semen retention.

First and foremost, the foundation of any good diet is built upon **nutrient-dense, whole foods** that provide the essential vitamins, minerals, and antioxidants needed to help support your body's natural functions and hormonal balance.

Items such as eggs, fattier cuts of free-range/wild-caught animal products, saturated fats like butter, ghee, or coconut oil, monounsaturated fats like olive oil, raw unfiltered honey, raw dairy products, fresh fruits, and vegetables are all packed with vitamins, minerals, and other nutrients that help make up the crucial components to cultivate our life force energy.

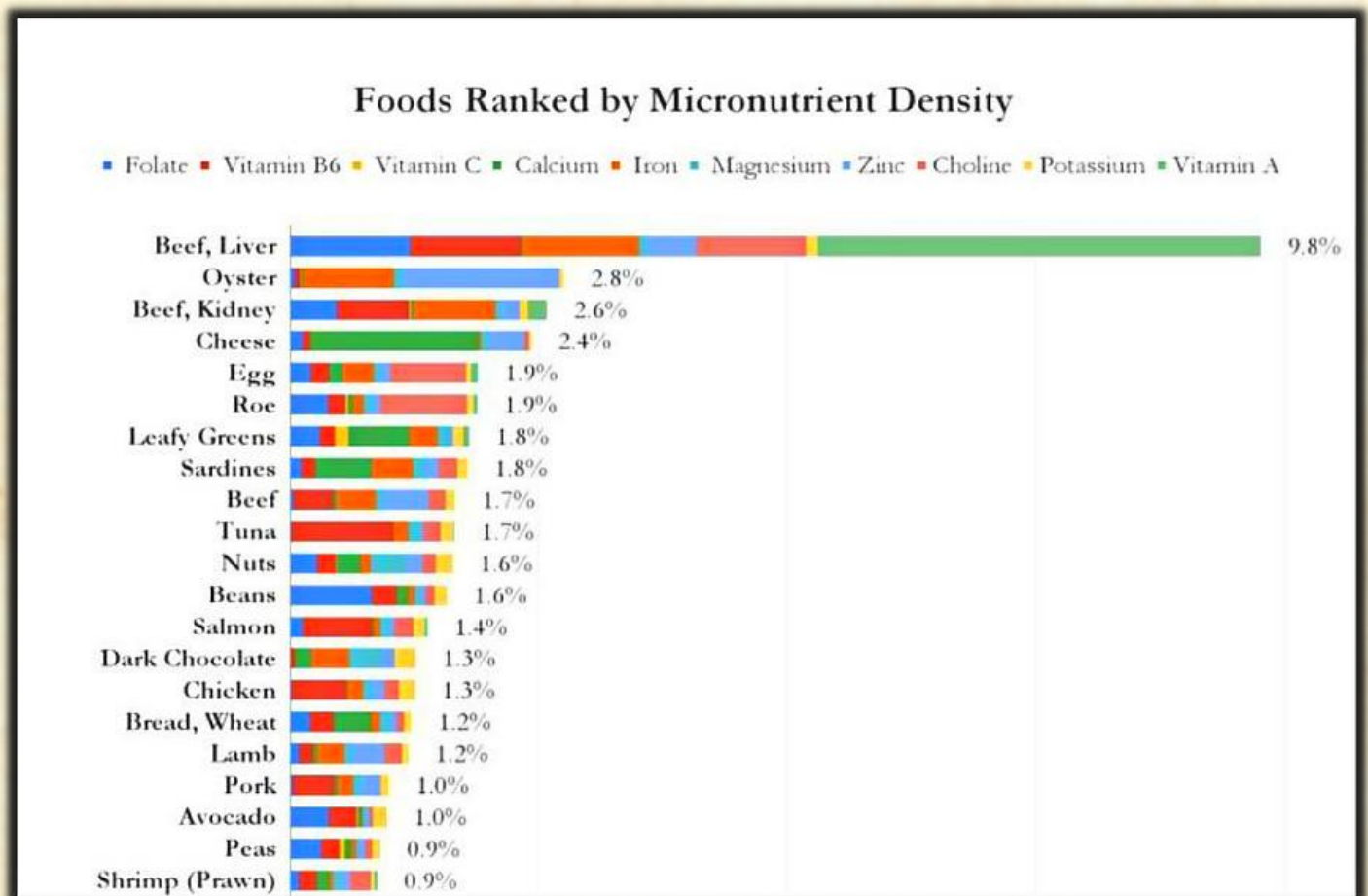
And while supplementation of things like zinc, magnesium, selenium, and so forth can help benefit you in certain areas, they should only be seen as add-ons to an already established base.

So focus the majority of your attention on finding out what works best for you as you experiment with real deal whole food items, while at the same time cutting out the processed junk seen in the modern-day diet.



***“Let food be thy medicine
and medicine be thy food”***

- Hippocrates



Remember that your physical body is the **machine/vehicle needed to operate on this plane of reality**, so make sure you treat it right and feed it with the highest level of fuel you possibly can. This is a key pillar for you to hone in on when it comes to preventing any issues while practicing the art of retention.

Now, another great habit to incorporate on this journey is fasting. Throughout human history, various cultures and spiritual traditions have recognized the profound significance of fasting as **a transformative healing ritual**. And when you really think about it, semen retention in itself is also another form of fasting. So by combining both together, we create a synergistic effect that helps enhance the potency of each other.

On the mental side of things, fasting will greatly improve your cognitive function, focus, mental clarity, and overall boost your productivity. Within the complexity of the human body, the gut

and brain share a symbiotic relationship that directly influences our mood and mental state of being. Fasting is known to trigger certain hormonal responses from this gut-brain axis to boost specific nootropic compounds, such as **BDNF**, which further elevates our alertness, concentration, and overall mental acuity.

Now, when it comes to the physical effects, fasting helps conserve our energy expenditure by redirecting the focus of our bodily functions from resting and digesting to repair and rejuvenation. This triggers a powerful cellular recycling process within the body known as **autophagy**.

On spiritual terms, fasting elevates one's discipline and willpower by cultivating the ability to restrain from immediate sense gratification and develop self-control over one's flesh, as seen throughout history with figures such as the Buddha, Krishna, Jesus, and so forth.



Through this act of transcending material desires and heightening our spiritual senses, we become more attuned to receive transcendental insights, intuitions, and revelations that help us develop a Universal perspective that extends beyond just the physical confines of this body that we inhabit.

As we note these benefits, it becomes clear that fasting wasn't merely just a cultural or religious practice but actually a holistic remedy to help nourish the **mind, body, and soul**. By intertwining fasting and semen retention together, we truly form a potent combo that works hand in hand to amplify each other's transformative effects.

So whether that be water fasts or complete dry fasts, ranging anywhere from shorter intermittent stints to even longer bouts of going up to 24 hours or more, incorporating some form of fasting to your overall routine will prove to be of immense benefit to you on this journey.

Now, with that said, the next step when it comes to sexual transmutation revolves around the spiritual expression of this energy. This is quite frankly **THE MOST IMPORTANT** piece of the puzzle to succeed on semen retention because without a purpose in place when it comes to this practice, you are bound to remain stuck in the cycle of relapsing over and over again.

By abstaining from lust, you will start to tap into higher levels of awareness and unravel the layers of your true nature that have been kept dormant by the distractions of the outside world for far too long.

Using practices such as the meditation technique we discussed before, to sit in silence and truly self-reflect, you will start to uncover that burning desire within the core of your spirit and identify your true calling in life.

This unveiling is integral to understanding and embracing one's purpose as you connect back to what innately excites your **inner child** and the source of what your soul is inherently drawn to. By manifesting this vision, not only will you be living a life in alignment with your divine mission, but you will also be tapping into the god-like capabilities of man to create his own reality.

The unlocking of this intense passion that resides within you is the key to igniting the true power of this practice, as this spiritual clarity becomes a guiding light illuminating the path towards your success.

Understand that this life force is the supreme source of creative energy. So by using it as the fuel for the engine needed to pursue any endeavor in life, whether that be **creating art, music, content, writing, business**, or anything along those parameters, you will be able to tap into an infinite stream of inspiration and innovation propelling you to new heights never imagined before.

Sexual transmutation is not merely just a mental or physical phenomenon but extends far deeper into the spiritual realms of reality. Realize the power of this energy has the capability to create something as complex and intricate as a whole new life in the form of a human being.

By learning how to harness it properly and redirect it towards other avenues through the techniques discussed in this chapter, we can essentially bring forth life to our dreams and make them a part of our reality. Remember, **energy cannot be created nor destroyed, it can only be changed from one form to another.**

SEMEN RETENTION

TIMELINE

Taking all this into account, we can see that this journey of semen retention is just like anything worthy of true value in life, it is never acquired without considerable effort. And after having traversed this practice personally for over 3 straight years now, I've discerned 6 key distinct stages that have defined and shaped the timeline of this individual process.

In this chapter, we will discuss these **6 stages of semen retention** and what you can come to expect along this practice as you embark on your own path.

Stage 1 - The Power Up phase (Day 0-30):

So at this point, you've come to understand the detrimental consequences of these degenerative habits caused by PMO addiction and, in one way or another, have discovered the transformative practice of semen retention.

In this initial stage, **anticipate a substantial surge of energy** that affects not only your physical body but also boosts your overall brain power. As you wake up each morning with a burning determination to conquer the day, expect this newfound ability to help you push your limits in the gym, experience quicker recovery, heighten

your reflexes, and much more. This will allow you to operate at the peak of your performance as you finally stop spilling your seed and wasting away the vital resources contained within it.

Simultaneously, this increase in focus and mental clarity becomes clearly evident as the lingering brain fog you've been accustomed to living with your entire life gradually starts to dissipate and fade away. With this finally solved, **watch how your productivity and mental outputs towards your studies, career, and goals start to completely skyrocket, paving the way for the next stages that come ahead.**

Stage 2 - The Detox phase (Day 30-90):

As this next phase starts to unfold, you will notice an awakening of your mind from the shackles of lust as you come to realize the **subconscious programming** that has steered you towards an incessant prioritization of sex.

This distorted view of the world clouds our understanding of what constitutes a real, healthy relationship, as the influence of these mental perversions has skewed our ideas on how we should perceive such things for far too long. While engaged in this internal wrestling match, questioning and challenging these societal norms,

beware of your mind playing tricks on you in an attempt to lure you back into these old ways of life that you now know no longer serve you, as the laws of **human nature incline us towards the path of least resistance**, making change inherently uncomfortable.

Solidify your commitment to the power of this practice and anchor yourself in the resolve that brought you to this transformative journey. This discomfort of change is merely just a testament to the monumental shift taking place within. So stay strong, remain focused, and continue to embrace the determination to not give up along this path.

Stage 3 - The Rewiring phase (Day 90-150):

This is the most pivotal and most challenging stage you'll encounter along your journey as you are now approaching what is commonly referred to as **'the flatline'**. This phase essentially becomes a defining point that will either propel you to the next levels of this path by testing your resiliency or potentially drag you back down to square one, forcing you to repeat this process all over again.

Through this detoxification process of the mind and body liberating themselves from the shackles of lust, you will start to ingrain this new state of being as your natural default mode of operation.

Similar to the concept of a computer lagging and experiencing technical difficulties as it adapts to a new software update, you too may perceive a momentary stalling of progress on your journey when you reach this stage.

Expect a sense of **lethargy, brain fog, mood swings, and an overall state of confusion** that may lead you to believe that this path really isn't even worth it, and that everything you've experienced so far up until this point was merely just placebo. Remind yourself that this is all a part of the healing process and continue to keep pushing on as you make way for the next stages coming up ahead.

Stage 4 - The Activation phase (Day 150-365):

Now this, my friends, is the phase where the real fun finally starts. The initial struggles you have endured thus far now set the table for this activation process to begin. Having recalibrated into this new way of life, you've now also unlocked the gateway to tap into the profound power of creativity that comes along with it.

Over the course of time that this energy has been accumulating and harnessed properly through the process of these previous stages, it has become primed to be put into motion through none other than **The art of Sexual Transmutation.**

This surplus of life force energy that you now possess, along with the mental fortitude and physical discipline needed to make it this far along the journey, will now act as the means to channel this **potent source of super fuel** for any creative pursuit of your choice.

Whether it's crafting music, creating artwork, starting a business, or writing a book, the creative abilities to express this buildup of sexual energy in a more sophisticated manner will find its way to come to light. This newfound application of the generative potential that lies within your seed will lay down the stepping stones to your success.

Stage 5 - The Acceleration phase (Day 365-730):

In these advanced levels of your journey, you've come to master the art of transmuting this energy and will soon unlock the most potent benefit of this practice: **The Amplifier effect**.

This is akin to the Hyperbolic Time Chamber within the anime Dragon Ball Z, a state where things that might have taken you over a year to accomplish beforehand can now be compressed to materialize in a matter of only a few months. This is a result of unleashing this untapped energy, heightened focus, and unwavering willpower through mastering one's sexual energy.

Along with this elevated sense of power, you will experience the effects of donning such a radiant aura and magnetic presence as you go about your day-to-day life. This glowing shine that surrounds you both physically and metaphysically will seemingly attract things—people, opportunities, and synchronicities—from the Universe directly to you with ease, further helping you accelerate your progress on this path.

It seems as if **life itself starts to favor you now**, as this energetic frequency that you emit has been raised to such a high level, inevitably attracting the things that also line up with its vibration.

Stage 6 - The Actualization phase (Day 730+):

Upon reflection, this is the point in your journey where you come to realize that the practice of semen retention is not merely just about the tangible benefits of heightened energy, mental clarity, extreme focus, and a push towards your purpose. Instead, it is now actualized for the foundational bedrock it has provided you with on this rollercoaster ride we call life.

This practice doesn't just propel you to achieve your highest potential across all facets of life, but it also **acts as an anchor to help ground yourself steadfastly in the midst of all life's challenges.**

So it is at this juncture that the similarities with various religious and spiritual practices become quite apparent, further inviting you to delve deeper into the intricate connections between the practice of semen retention and the road to **self-realization**.

As you uncover the details linking these two together, you will experience a profound shift in how you perceive this path and start to actualize the depth of this sacred practice. Realizing that you've truly tapped into something far more potent and pure than you might have initially envisioned in the first place.

Now, just to make it clear, the purpose of this timeline is to offer a broad estimate of what you might experience along this journey. This is **NOT** intended to serve as an absolute ultimatum of how everyone's progress along this path will go, as each individual's story will be characterized by their own unique personal ups and downs throughout the process.

No two roads can ever be the same, and I can only speak from my own individual experience. So consider this timeline as a general framework to be informed of such stages and phases that you may also encounter while practicing retention.

RECOVERING FROM **RELAPSES**

Now, this path is by no means an easy task, as it will come with its fair share of obstacles along the way that we must understand how to deal with over time. Most notably being learning how to recover from a relapse.

Firstly, it's crucial to acknowledge that **a relapse does not define your overall progress on this journey.** So, instead of dwelling on guilt or disappointment, view these minor slip-ups as significant opportunities to learn from your mistakes by taking some time to reflect on the factors that eventually caused them to happen.

This is where developing a consistent journaling habit can be of extreme value to you, as you can track and identify these triggers that led you to relapse. So, start to trace your steps back and ask yourself if there were any specific stressors, emotional pinpoints, or environmental influences that played a role in this.

If you stay true to yourself and thoroughly inspect deep enough, you will undoubtedly find certain key moments beneath the surface that caused you to trip up. Most of these impulsive habits that hijack your logical brain are deeply embedded within the **subconscious mind**.

This winding labyrinth of thoughts, emotions, and cultural programmings that are kept hidden behind the scenes harbor many **self-sabotaging mechanisms** that aim to keep us from ever rising above our current state of being. When practicing semen retention, the mind will interpret this push for change as a threat to its equilibrium and will, in turn, try to derail you in the process.

The subconscious mind operates silently and in stealth, so the quicker you can catch on to these tricks and traps it lays out by regularly reviewing your journal, the more prepared you will be for the next time these same challenges arise.



“The mind can either act as a beautiful servant, or a horrible master” - Osho

Furthermore, this is a time where you can really sit back, reflect, and reconnect with the original reasons on why you started retention in the first place. By further reaffirming your motivations, you can reignite your sense of commitment to this practice and remind yourself of the bigger picture.

WET DREAM PROTOCOL

Another common roadblock experienced on this path is none other than nocturnal emissions or otherwise referred to as **wet dreams**. This is a phenomenon most of us already have, or eventually will encounter along the way when it comes to practicing semen retention.

While these wet dreams might briefly interrupt the momentum you've built up on your streak, they can gradually become minimized and eventually avoided altogether by implementing the specific tips and techniques listed within this step-by-step protocol.

1. Mindful Eating Habits:

Avoid having heavy meals or excessive liquids before bed, as a full stomach can exert pressure on the prostate and potentially increase the likelihood of you experiencing these nocturnal emissions.

2. Post-Meal Walks:

Incorporate a short walk or any other type of light physical activity, such as stretching or yoga, after your last meal. This will help aid in digestion and promote an overall state of relaxation, which in turn will help minimize any heaviness that will sit in your stomach as you fall asleep.

3. Conscious Food Choices:

Be mindful of the types of foods you consume before bed, as certain items such as chocolate, onions, garlic, and other aphrodisiacs are known to be sexually stimulating substances which may further contribute to erotic dreams.

4. Screen Time Reduction:

Minimize your screen time in the hours leading up to bed. The blue light emitted from the screens not only interferes with melatonin production, which affects the quality of our sleep, but it also can act as a source of temptation that can eventually lead you down the rabbit hole of relapsing.

5. Optimal Sleeping Positions:

Choose sleeping positions that alleviate pressure on the pelvic region. Sleeping on your back or sides is the most preferable to reduce any type of irritation in that area of the body, while sleeping on your stomach causes unnecessary force to be pressed upon your gut.

6. Relaxing Bedtime Routine:

Create a constant and calming bedtime routine that promotes relaxation. This may include activities such as turning off all electronics, using a candlelight, reading, stretching, or practicing some form of mindfulness to prepare yourself for a restful night of sleep.

7. Cold Shower:

Taking a cold shower before bedtime can aid in cooling your internal bodily temperature, which will help reduce the likelihood of experiencing heightened stimulation and sexual arousal.

It's important to note that wet dreams are **NOT** synonymous with a conscious, voluntary release, as the fluids emitted during wet dreams actually differ. So while avoiding them should be the goal on your journey, it's also essential not to be too hard on yourself if they do happen on occasion. With time and practice, you can reduce their occurrence completely by implementing the steps stated within this protocol.

CONCLUSION

As we conclude our exploration of the practice of semen retention, we find ourselves standing at the intersection of how the modern-day man can implement this ancient wisdom into his life. The information covered throughout this guide serves as a testament to the transformative potential that lies within this simple yet profound discipline of retaining one's life force.

Through the insights shared and the secrets uncovered within the pages of this e-book, it becomes evident that **this journey is much more than just a mental or physical act**, and extends far beyond what is merely seen on the surface.

As you integrate the principles of semen retention into your life, remember that this is **NOT** a one-size-fits-all practice but rather a personal journey of self-exploration and empowerment.

So whether you are an experienced practitioner or someone who is completely new to this concept, the education shared within here is ultimately an invitation for you to embark on your path and discover the unique benefits that come along with it for yourself. At the end of the day, the true power lies not only in the practice itself but, more importantly, in the conscious and intentional way in which you personally choose engage with it.

It is my hope that this book serves as a beacon of knowledge, guiding you throughout this journey of retention with clarity and purpose. May it inspire self-discovery, foster a deeper connection with your true essence, and illuminate the path towards a much more fulfilling and empowered existence on the quest to embodying your highest potential in life.

Sincerely,

Ali Fooladi



Now, for those of you who are truly serious about succeeding on this path and searching for further instructions in regards to your own individual journeys, look no further than our **personalized coaching and consultation programs**.

Our specialized systems are specifically designed to help you integrate the principles covered within this e-book in a very concise, constructive, and cohesive manner. This ensures that you not only sustain the progress you've made but also leaves you with the proper tools needed in order to continue reaching new heights on your journey towards achieving your ultimate capabilities.

So if you're someone looking to

- **Refine your physical fitness**
- **Supercharge your productivity**
- **Overcome mental barriers**
- **Deepen your spiritual connection**
- **Master long streaks of semen retention**
- **And transmute your sexual energy towards your goals**

Then this service is tailor made for you. Contact us for personalized coaching by clicking the link down below, and get ready to embark on this next phase of your transformational journey!



ANCIENT EXCERPTS

Within this final bonus chapter, you'll find a rich tapestry of historical texts and timeless excerpts that come to illuminate the profound significance of this practice from many ancient cultures and traditions of time.

Enjoy these **sacred teachings** filled with valuable lessons and eye-opening insights that have guided some of the most admirable men in human history who learned how to harness the power of their life force and used this energy towards the pursuit of fulfilling the ultimate evolution of their mental, physical and spiritual well-being.

1) This energy may be expended just as each individual shall elect: It may be wasted in lustful and abnormal sensuality, used partly for the legitimate purposes of reproduction, and the remainder in towards lustful practices, or it may be expended in intensifying the nutritive, the muscular, and the mental life—**W. W. Atkinson**

2) Bodily pleasures are slavish, and the true philosopher aims to abstain from them—**Plato**

3) Who is blinder even than the blind? The man ruled by his passions/lust—**Buddhist Maxim**

4) Extraordinary powers, including healing and clairvoyant perception, may evolve when one retains their semen and drives its power back up into the body. Many gifted minds from the Sages, Saints, Christians, Buddhists, Moslems, and Taoists all used this power dwelling in the vital seed to perform miracles—**Mantak Chia**

5) Heroism lies within the conquest of one's sensual and lustful nature and not in the mere act of combativeness—**Srimad Bhagavatam**

6) One drop of semen is manufactured out of forty drops of blood—**Charaka Samhita**

7) Sexual fluid is your glow, your vigor, your radiance, and your contentment. It also gives strength to your prana and provides force towards your meditations. If you were to hold it inside, it would give you tremendous energy and make you much more attractive—**Muktananda**

8) When a man succeeds in the conservation of his sexual energy, his intellect reflects the image of Brahman. The man who carries this image of Brahman is able to accomplish everything and will succeed wonderfully in whatever action he engages in—**Sri Ramakrishna Paramahansa**

9) Preserve your seed, for that is the source of man's strength—Pythagoras

10) When one is confirmed in celibacy, spiritual vigor is gained—Maharishi Patanjali

11) Not to tame the senses is to take the road of misery, to conquer them is to enter into the path of well-being—Hitopadesha

12) Happy is the man who has tamed the senses and is utterly their master—Buddhist Maxims

13) Flee from youthful lusts—2 Timothy 2:22

14) The major reason why the majority of men who succeed do not begin to do so before the age of forty to fifty, is their tendency to dissipate their energies through the over-indulgence in physical expression of the emotion of sex—**Napoleon Hill**

15) Man has only one energy, and that energy is sex. Once it is harnessed, you have the ability to channel it towards any direction—**Osho**

16) The practice of celibacy leads to a great enhancement of one's energy, creating a sparkle in the eyes and a luster on the cheeks—**Maharishi Patanjali**

17) The reabsorption of semen by the blood is the strongest nourishment and, perhaps more than any other factor, it prompts the stimulus of power—Friedrich Nietzsche

18) The ignorant is the slave of his passions/lust, the wise man is their master—Sutra of 42 sections

19) It is by resisting the passions/lust, not by yielding to them that one finds true peace in the heart—Imitation of Christ

20) By the taming the senses, infinite intelligence grows—Mahabharata

21) A man practicing unbroken Brahmacharya for twelve years develops a special power. He grows a new inner nerve called the nerve of memory. Through that nerve he remembers all, he understands all—**Sri Ramakrishna Paramahansa**

22) A man who has command over his senses and the forces of his being, has a just title to the name of King—**Angelus Silesius**

23) The secret of health lies in preservation of this vital force. He who wastes this vital and precious energy cannot have physical, mental, moral, or spiritual development—**Dhanvantari**

24) When semen is retained, the energy that supports life itself is retained—**Vatsyayana**

25) Desire is never satisfied by the enjoyment of lust, just as fire surely increases the more one gives it fuel—**Laws of Manu**

26) If any man retains his semen, he is strong, and the proof is the athletes who are abstinent—**Plato**

27) He whose senses have become calm like horses perfectly tamed by a driver, who has rid himself of pride and concupiscence, the gods themselves will envy his lot—**Dhammapada**

28) There is no other duty equal to self-control. Self-control is the highest virtue one can have within this world—**Swami Sivananda**

29) I consider my greatest accomplishment to be of lifelong celibacy—**Isaac Newton**

30) If this divine liquid is utilized correctly, the body will shine like gold, and the mind will be silenced—**Thirumanthiram, Chapter 3**

31) Every man should know how to possess his vessel in sanctification and honour, not in the lust of concupiscence—**1 Thessalonians 4:4-5**

32) Thus Solomon, in his wisdom, says: “Do not give your strength to women” (Proverbs 31:3) As whoever excessively indulges in sexual dissipation becomes prematurely aged; his strength fails, his eyes dim, and becomes subject to numerous other diseases—**Maimonides**

33) At first sin is but a stranger to the soul; then it becomes a guest; and eventually once we have become habituated to it, it becomes the master of the house—**Tolstoy**

34) Let not sin therefore reign your mortal body that ye should obey it in the lusts—**Romans 6: 12**

35) What is there in this world that cannot be achieved, when one preserves this jewel of semen, by whose power I have so much glory in the whole Universe?—**Lord Shiva**

36) This liquid is the medicine of gods. To speak about this liquid's speciality, no amount of words would ever suffice—**Thirumanthiram, Chapter 3**

37) The preservation of semen is the secret of enlightenment—**Swami Sivananda**

38) Let your whole spirit and soul and body be preserved blameless—**1 Thessalonians 5:23**

39) When virya is not used, it is all transmuted into Ojas Shakti or spiritual energy and stored up in the brain. Western doctors know little of this salient point. Most of your ailments are due to excessive seminal wastage—**Swami Sivananda**

40) Once you get the trick to channel your sexual urges into the fuel for achieving your destiny, you gain everything you need to succeed—**King Ashok Maurya**

41) Sensuality destroys life, lustre, strength, vitality, memory, wealth, great fame, holiness, and devotion to the Supreme—**Lord Krishna**

42) He who is able to calm his heart when passion suddenly inflames it, can be called indeed a skilful driver of the chariot—**Fo-shu-hing-tsan-king**

43) There is no triumph more glorious than that of victory obtained over your own self—**Saint Agathiyar**

44) He who does not control this fluid is unwise. It is by self control alone that one is able to gain everything—**Pran Sangli**

45) No man is free who is not master of himself
—**Epictetus**

46) If by leaving a small pleasure one sees a great pleasure, let a wise person leave the small pleasure and look to the great—**Dhammapada**

47) He who rules over his passions, desires, cravings and senses is the real King of Kings—
John Milton

48) The sexual glands are useful for the physical well-being of the individual through their peculiar secretion upon the processes of development and nutrition. If retained it is absorbed back into the system and adds enormously to man's magnetic, mental, and spiritual force—**W. W. Atkinson**

49) The power of our imagination is all too often wasted on the act of masturbation—**Mokokoma Mokhonoana**

50) The reabsorption of the seminal fluid back into the blood is the best nutrition your body can ever get. So control your lust and do not waste this vital fluid on short term pleasures—**Prateek Kohli**

51) The essence of this seed is the marrow to your bones, the food to your brain, the oil to your joints, and the sweetness to your breath as a man —**Molvil Keith**

52) Celibacy alone is the supreme penance. Of course, other penances such as keeping fast and silence are good in their place, but they are all inferior to Brahmacharya. The Urdhvareta yogi (a perfect celibate saint) who has done penance over the restraint of the sexual organ is not a human-being but a god—**Lord Shiva**

53) A person lacking in self-restraint and self-discipline can never make progress in any worthwhile endeavour nor can he be of any service to his society. Such degenerated societies of men will come to disintegrate in the long run
—**Swami Chidananda**

54) So strong and impelling is the desire for sexual contact that men freely run the risk of life and reputation to indulge in it. When harnessed and redirected along other lines, this motivating force maintains all of its attributes of keenness, imagination, courage, will-power, persistence, etc. which may be used as powerful creative force in literature, art, or in any other profession or calling, including, of course, the accumulation of riches—**Napoleon Hill**

55) As far as possible, this fluid should not be allowed out of the system in the course of selfish aims and carnal engagements—**Meher Baba**